

## 5 A Day Recipes

### Soups and Stews

#### Pioneer Chili

##### 10 Servings

- 1½ pounds ground Moose ( or other lean Game or beef)
- 1 cloves Garlic, minced
- 2 tsp. Ground Cumin
- 3 cups diced tomatoes
- 1 cup low sodium Beef broth
- 1 Tbsp. Tabasco
- ¾ tsp. Garlic Powder
- ½ tsp. Salt
- ½ large Onion, minced
- 3 Tbsp. Chili Powder
- 2 Tbsp. Chili Powder
- 2 Tbsp. Tomato Paste
- 2 cups low sodium Chicken Broth
- 2 Tbsp. Cornstarch
- 1 Tbsp. Cayenne Pepper
- 1½ tsp. Onion Powder
- 1 cup cooked Red Beans

Sauté the meat in a large pot until browned, add onion, cook until soft. Add garlic, chili powder, cumin, tomato paste and tomato paste and tomatoes, cook over medium heat. Mix the two broths together in a bowl, add the cornstarch, mix well. Add the broth mixture to the pot, stir, bring to a slow simmer. Add rest of ingredients, stir, simmer 15 minutes.

##### Nutritional Analysis

Calories: 131  
Fat: 2 g  
Cholesterol: 38mg  
Protein: 17 g  
Carbohydrate: 11 g  
Dietary Fiber: 2 g  
Sodium: 218 mg  
% Calories from Fat: 16%

This is an official 5 A Day recipe, and serves ten people.

Recipe provided by Glenn Denkler, Eat Smart Alaska